

The Campus Herald

The Student-Run Newspaper of Johnson & Wales University

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Providence, R.I.

Wednesday, November 8, 2006



Jail bail, Gaebe Commons. Photographer: Jason S. Williams '07.

Greeks hold 'Jail Bail' Fundraiser on Gaebe Commons

By **PATRICK DYL**
Assistant Editor-in-Chief

The Presidents of several J&W fraternities and sororities were locked up behind bars several weeks ago, but not to worry, it was all for a good cause. On October 12, the sisters of Sigma Delta Tau planned and organized an event to raise funds for Prevent Child Abuse America, a Chicago-based charity. President of the Inter Fraternity Council (IFC) Rob Horsfield '08 said, "I thought it was a very unique fundraising idea...[and] I'm looking forward to doing it again next year."

The members of the eight Greek Life organizations participating had to raise \$100 each on the streets of Providence to bail out their chapter presidents. Delta Sigma Phi was the winner of the event, raising their \$100 in under two hours. Some of the chapters raised more than the required amount and all the presidents were bailed out before the 2A.M. deadline. The Jail Bail event raised over \$850 this year, and was hailed as a great success, bringing different Greek Life chapters together to raise money.

SPORTS

Hockey takes Dunkin Donuts Cup Championship

Wrestling Places 2nd at Ithaca Invitational

Men's Soccer Completes GNAC Season Undefeated

X-Country Competes in GNAC Championship

Golf Takes out Emerson and Suffolk

Volleyball Sweeps Simmons College and S. Vermont

See **SPORTS**, page 13

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Photographer: Benjamin Sukle '08.



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THE CAMPUS HERALD

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Letters to the Editor must include the writer's name and phone number. We ask that faculty and staff list the department in which they work. The Campus Herald reserves the right to edit all articles for space and accuracy. Please submit articles by email, fax, or in person to The Campus Herald no later than 4:00 PM on the deadline date.

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Letter from the Student Body President

To the University Community:

These past two weeks have been very eye opening for me and my administration. First, I would like to announce two new Cabinet positions that have been filled within the Johnson & Wales University Student Senate: Mr. Evan Lemoine is the new Chief Justice and Mr. Andrew Childers is the new Speaker of the House. Congratulations gentlemen and I look forward to serving the student body with you. With the two positions being filled, we now have two University Senator Seats available (Please see your closest University Senator for more details or stop by our office).

Now, I would like to bring something to everyone's attention: Diversity. What is it? People seem to be confused. I was recently invited to a conference for the Society Organized Against Racism (S.O.A.R.) and was shocked to realize that it seemed as though no one, including some of our Johnson & Wales University representatives at this conference knew what diversity really was. The conference brought one underlying theme to light: "Blame the Caucasian People!"

Every part of diversity was based on race, but what about Gay, Lesbian, Bisexual, Transgender, Queer, Questioning (GLBTQQ)? Well, they were represented and many blamed the Heterosexuals for mistreating and not accepting them.

We, as humans, always want to be accepted by our peers. What I do not

understand is why everyone has their own group. In keeping with representing everyone, we have made people feel segregated and excluded from conversations, meetings, events, and even facilities.

Now, please do not think that I am not proud of the clubs & organizations at Johnson & Wales University, I am! We have an E3 Community Alliance (GLBTQQ), National Association for the Advancement of Colored People (NAACP), a Greek Life system that has excellent cultural events (Purple Passion was a hit!) and many more that are doing great things for the Providence campus.

However, the one thing I am not seeing is diverse membership in many of our organizations that are based around diversity. How many Caucasian people are in the J&W NAACP chapter? How many heterosexual people are in E3 Community Alliance?

In our current state, as a student body, we are not embracing diversity, we are creating blockades to protect what we *think* is diversity. News flash: seeing the same people and hearing the same opinions everyday gives you the same answers.

When I was elected, my campaign wasn't, "What can I do for the gay black males?" It was, "What can I do for you!" As written in previous articles, my vision for this year's student body was simply stated: "A Commitment to Excellence." I would not be looking in the best interest of the student body if I did not look critically

at our diversity efforts. I would like to see more collaborations and a more diverse membership in all clubs & organizations. I would like to see all community members feel welcome in all organizations, especially those that are based on education, empowerment, and diversity awareness.

I challenge every member of the Johnson & Wales University Community to reach out to people that they may not know and seek out knowledge about cultures that you are not familiar with. When thinking of events to hold and new organizations to start, please think about what impact you plan to make on the University Community as a whole. This is always the deciding factor whenever I do something, whether it be spending budget dollars, or sending memos. My constituency is large and diverse, which means that everything I think about is based on thinking big and accomplishing big things.

If we, the student body, do not start thinking big, then how do we expect to accomplish big things? With this said, I will be creating and chairing a committee for Diversity Week to take place in the month of April.

My Grandmother always told me, "Every day is an opportunity to change things for the better." Together we can make this change!

With Honor & Dedication,

Jonathan Stephen Dean
Student Body President

SAFETY & SECURITY BLOTTER

Monday October 9, 2006 @ 2:29 am Assault / Saki's Pizza - One non-student reported to police that he was stabbed during a physical altercation in front of Saki's Pizza on Weybosset St.

Thursday October 12, 2006 @ 1:48 am Assault / Saki's Pizza - Police responded to a disturbance in front of Saki's Pizza and found a non-student who had been stabbed and a second non-student who was nearby and had been assaulted.

Sunday October 15, 2006 @ 2:00 am Stabbing / Bar One Providence - Police responded to Bar One for a report of a stabbing. After an argument inside the building, two people were stabbed outside the building. A third victim was punched in the face. The victims were not students.

Sunday October 15, 2006 @ 11:10 am Burglary / Yena Center - A student was arrested by Providence Police for breaking into the Yena Center.

Sunday October 15, 2006 @ 10:30 pm Home Invasion / New York Ave - Students reported three (possibly four) suspects kicked in the door to the apartment. Two suspects reportedly had guns. The victims were locked in the bathroom. Various items were stolen.

Monday October 16, 2006 @ 11:00 pm Home invasion / Governor St - Student reported that two unknown persons knocked on the student's door and when the student opened the door the suspects forced themselves inside the apartment. Suspects were brandishing fire arms and ordered all in the apartment to get on the floor. Cell phones and laptops were taken during the incident.

Tuesday October 17, 2006 @ 2:20 am Arrest / America St. - A student was arrested by Providence Police for disorderly conduct.

Wednesday October 18, 2006 @ 10:42 pm Arrest / Foster St. by Xavier - A student was arrested by Providence Police for disorderly conduct. A second student was arrested for a narcotics violation.

Friday October 20, 2006 @ 2:25 am Arrest / Friendship St. - Two students were arrested by Providence Police for disorderly conduct.

Sunday October 22, 2006 @ 1:47 am Off campus / Sexual assault - A female student reported that she may have been

drugged and sexually assaulted by an unknown male after leaving the Side Bar & Grill.

Friday October 20, 2006 @ 11:30 pm Home invasion / New York Ave. - Providence police reported that a home invasion occurred in a residence on New York Ave. The suspect was described as a black male, wearing dark clothing and carrying a shotgun.

Sunday October 22, 2006 @ 1:00 am Road Rage - Assault / Pembroke Ave. - A student reported the occupants of his vehicle engaged in an exchange of argumentative remarks with another vehicle. The argument escalated until some occupants of the second vehicle entered a house and returned with more people. The occupants of the student's vehicle were pulled from the vehicle and physically assaulted.

Wednesday October 25, 2006 @ 4:12 pm Stolen vehicle / Shipyard St. - A student reported his gold Nissan Maxima missing from Shipyard Street. The student reported that he parked the vehicle at 11:30 am across from the entrance of C Lot.

Wednesday October 25, 2006 @ 11:36 pm Arrest / Renaissance Hall - A student was arrested for a narcotics violation.

Friday October 27, 2006 @ 1:30 am Arrest / Xavier Courtyard - One student was arrested by Providence Police for assault on another student.

Saturday October 28, 2006 @ 2:48 am Robbery / 7-11 on Weybosset St. - Security came upon a disturbance on Weybosset St. in front of the 7-11. A non-student reported that he and a friend were leaving with groceries when they were approached by 4 to 6 black males. The suspects took some bags and a wallet and the victim was punched.

Saturday October 29, 2006 @ 12:00 pm Stolen vehicle / E Lot - A student reported her vehicle, a blue Nissan Maxima, missing from the E-Lot. The student reported she parked the vehicle about 9:30 Saturday morning.

Lost & Found

2058 - Toyota car key, 10-24-06
2060 - Black purse, 10-30-06

Brown U. Purchases Property Adjacent to J&W's Imperial Hall and Future Plans

By **PATRICK DYL**
Assistant Editor-in-Chief

Brown University recently agreed to buy several properties in the Downcity Jewelry district, including several buildings that are listed on the National Register of Historic Buildings. One of these buildings is the former Davol Rubber plant, now Davol Square. Brown University has agreed with the real estate companies not to disclose the amount of the sale until it is completed early next year, should everything work out as planned.

The City of Providence currently has the property assessed at \$26.4 million, however estimates as to the total amount of the acquisition hover around the \$50 million mark. According to the Providence Business News, "if the sale of 300 Richmond Street last year to Woman & Infants Hospital is any indication, the property was assessed at \$2.37 million but sold for \$5 million."

Brown University has been on the hunt for new properties in order to expand their educational and research facilities in conjunction with University President Ruth Simmons' vision for Enrichment.

In 2003, Providence Mayor David N. Cicilline, a Brown graduate, pushed for a tax deal out of concern for the growing number of tax exempt properties in the city. Essentially any space used for educational purposes is tax exempt, but under the deal, property tax rates with be phased out over a 15-year period. That period does not start when the property is sold, but only after significant portion of the building's square footage is transformed into academic space. Under the current tax rates, owners pay \$37.72 per \$1,000 of the assessed value, which is currently just under \$1 million. Brown University has stated that it will honor all current leas-

es of the property and may even give current tenants longer leases if they want them. Cicilline also stated that colleges and universities in other cities have used their "enormous economic power" to transform disenfranchised neighborhoods and Providence would benefit more if Brown were to buy buildings in underdeveloped areas, rather than existing commercial centers. "There's no question that Brown will continue to grow," said the mayor, "and that's important to the future of the city and to their future growth as a world-class university, but it's important that they do it in the right places."

The Providence Business News also spoke with Michael Hogue, a businessman and resident of the Jewelry district, as well as President of the Jewelry District Association. "I think it's all positive," he said. "I think the Jewelry District is getting close to a tipping point, such as Wayland Square was four or five years ago, and I think Brown is going to accelerate that tipping point, because they're good neighbors, good landlords." Brown also brings the kind of activity to the district "that we like," he said, "working with your mind."

Although not everybody is pleased with the deal, some look at it with hope. Over the past decade, Rhode Island has been attempting to lure in high-tech firms with high paying jobs, however it has not worked as planned. Some say that Brown's decision to create its life sciences program will boost southern New England's economic prospects. Technology firms and other industries that may benefit from Brown's technology advances may be enticed to move into Providence. Such a move would create quality jobs in the State, and improve Providence's economic might. The university recently dedicated a new life-sciences building after a long fought battle with neighbors on College Hill. Such avoidable battles drain Brown's energy, and the community's fondness for the University. Brown has been struggling for years with its neighbors on College Hill over expansion, and their decision to expand into the Jewelry district will allow the University to redirect its efforts away from fighting with neighbors toward teaching students and creating new technologies.

To develop your leadership skills. To welcome the Class of 2011! To share your love of Johnson & Wales with the incoming students. To learn more about the University. To share your knowledge of the innerworkings of the college. Make money while earning valuable leadership experience to put on your resume. To learn more about yourself. To get to know the campus a lot better.

WHY transition into life at Johnson & Wales University. To help. To mentor. To guide. To relive your time at J&W. Spending a lot of time in McNulty or Snowd. The "Orientation Leader" indicates a person who is boisterous, helpful, fun, outgoing, smart, funny, witty, intellectual, welcoming, calming, sweet, kind, energetic, friendly, a good resource. You can develop a strong bond with a group of student leaders like yourself. Can you say, "Icebreakers"? Summer in Providence. Summer in the "Ocean State". Make 34 new best friends! To get a really cool polo shirt. Socials! To get to know who Joel Flopster really is.

The Office of New Student Orientation & Support Programs seeks **Orientation Leader & Orientation Assistant Candidates** for the Summer of 2007!

Information Sessions*:

Tuesday, December 5 at 12 noon
in Multicultural Center (Xavier Hall)
Tuesday, December 12 at 4PM
in Harborside Rec Center (second floor lounge)
Wednesday, December 20 at 6PM
in Pepsi Forum (Plantations Hall)
Friday, January 12 at 12 noon
in Harborside Rec Center (second floor lounge)



*All Interested candidates must attend an Information Session in order to obtain an application and be considered for this great leadership opportunity! Open to current freshmen, sophomores and juniors only.

Project REWARDS

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You can earn **cash REWARDS** for cutting down your cigarette smoking!

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- A current daily smoker
- Between the ages of 18-24
- Enrolled in college

- Earn \$75 in cash at your first appointment.
- Earn between \$210 and \$523 in cash by providing us with daily CO readings.
- Earn up to \$175 in cash for follow-up appointments.

For more information please contact Polly at:
Phone: (401) 444-1814
Email: REWARDS@Brown.edu

A research project sponsored by Brown University and the National Institute on Drug Abuse.

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Contact Business & Advertising Manager Paul Gordon @ (401) 598-1489 or campusherald@jwu.edu.

HEALTH

Ask The Sexpert

Question: Is *everyone* really doing it? I mean, getting laid...



By HEALTHY HEATHER
Resident Sexpert

Answer: Great question. It's smart to question what *appears* to be the norm on college campuses. While we haven't surveyed J&W students about their sexual behaviors, The Bacchus Network conducted a national survey of over 1,000 college students aged 18-24.

They say, "Crazy parties, reckless behavior, one-night stands, unprotected sex... We must be talking about college, right? Maybe not. New research suggests that perceptions of what young men and women think about sex and relationships may need updating. Results from the Smarter Sex Survey indicate that students ages 18-24 are taking sex and monogamy seriously. What's more, the survey also revealed that, contrary to popular belief, more men than women in this age group say they are virgins! So, what's really going on behind closed doors?" The survey results have some surprising news!

- "About 32 percent of male survey participants have not had intercourse, compared to 18 percent of female survey participants."
- Students participating in this survey had intercourse with an average of 1.2 partners in the last year."

So, the answer to your question is no. Not everyone is doing it – even though it may appear that way. We just hear less about

the students who don't have sex. It's like alcohol use on college campuses. You may think everyone is out partying, but a survey done at J&W last year reported that 70% of J&W students drink less than 3 drinks per week. Surprise you?

The real deal is that more students are deciding to postpone intercourse, stay in monogamous relationships, and "male and female participants (89 percent) believe that if a couple decides to become monogamous, they should both be tested for STIs and HIV..." Remember, many STIs have no symptoms, so the only way to know for sure is for both partners to get tested. Health Education, 598-2023, can tell you where to go.

Sexual responsibility can mean different things to different people. It might mean practicing abstinence, or always using condoms and birth control, or only having one partner. It might mean getting educated about STIs, HIV, pregnancy, and testing options. Or it might be taking care of your friends, making sure they get home safely, and partying safer to prevent and stop sexual assault or date rape. Whatever sexual

responsibility is to you, make sure you stick to your plan and be who you want to be. Respect yourself, protect yourself.

At J&W there are a number of supportive services (Health Services, Women's Center, and the Counseling Center) that can help you stay sexually responsible. This article comes to you from Health Education, the education branch of Health Services. Health Education, 3rd Floor CBCSI, can provide you with comprehensive, nonjudgmental health information about STIs, HIV, birth control, testing options, referrals, and safer sex. Feel free to drop by for some quick information, or call to make an appointment with the Health Educator, 598-2023, if you'd like a little more time and privacy to discuss safer sex options – you can even bring your partner! Health Education also offers free male and female condoms, dental dams, and lubricants. You can also find condoms at both Health Services locations and at the Women's Center.

Get educated. Be healthy, be safe.

You're in Control
What's your next move?



Does it surprise you that 70% of J&W students average less than 3 drinks per week?

*The Harvard School of Public Health's 2005 College Alcohol Study reported that 70% of J&W students had 9 or fewer drinks total in the past month.

Wanna know more? Call Health Education, 598-2023

Health Services Update

Have a hold on your student account? Are your medical records incomplete? If you have a hold, call Health Services to find out why.

***MENINGITIS VACCINE FREE** at both Health Services. It is strongly advised that students receive the vaccine. Call for more information.

Cold/flu season is here!

A few tips from the American College Health Association:

- Since most infections are viral (not bacterial), antibiotics may not be the answer!
- Treatment for the cold/flu is meant to relieve your symptoms
- Eating soup and drinking teas can help ease congestion.
- Drink lots of fluids (water, juice) to soothe your throat.
- Washing your hands frequently is one of the best prevention techniques!
- Make sure you get plenty of rest and sleep.
- If you have severe headaches, high fever, are coughing up green phlegm, can't hold down your liquids, or are having trouble swallowing, you need to see the nurse.

Remember, nurses can treat cold/flu with over-the-counter medications. So, if you're sick, stop in at either Health Services (Downcity or Culinary), talk to a nurse, and take home some free over-the-counter medications. Dr. Palumbo is available four mornings per week on campus. Call for physician hours.

Downcity, Xavier Residence Hall Basement: 598-1104
Harborside, 1st Floor Student Services Complex:
598-1151

SPEAK Out!

By CAITLIN NARKAWICZ
Speak Out! Editor

The interactive 'Speak Out!' section of *The Campus Herald* is meant to provide the University community with a professional forum to voice their ideas and opinions. To submit a question for Speak Out!, please email campusherald@jwu.edu.

Amy Smith '08
Travel & Tourism
Mgmt.



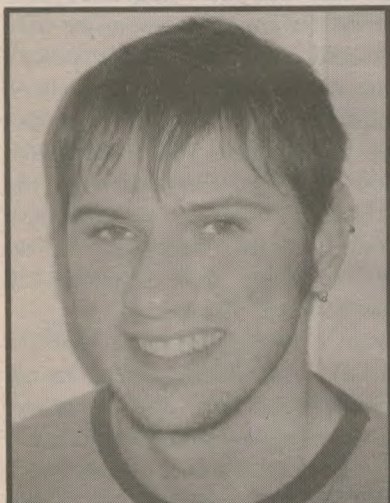
"I am not really sure what they do."

Brandon Druch '09
Hotel Mgmt.



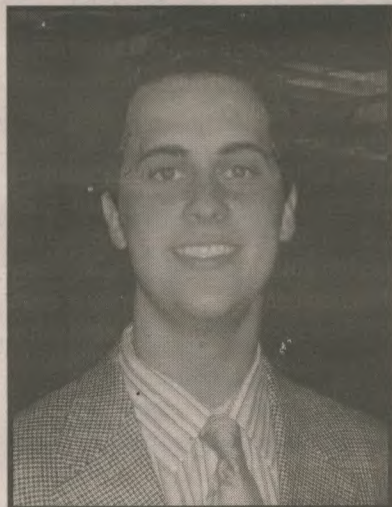
"While it's great for members to make friends, it is often so demanding; making it straining on previous, existing friendships."

Anthony Naiman '09
Int'l Travel & Tourism



"Being part of a constantly growing and changing community that works to better themselves reminds me of home and I'm happy to continue that legacy."

Andrew W. Childers '09
Marketing Comm.



"The concept of Greek life will be perfect for some: those who need help fostering structure and values; but may not be the right directions for others."

Felicia Tharpe '08
Advertising / Marketing Comm.



"Greek life contributes quality programming and developmental outlets for students in the Johnson & Wales Community."

Justine A. Sacks '07
Food & Beverage Mgmt.



"Greek life on campus really has no impact on me. I like the fact that it's not crazy ubiquitous, but is an option, and a great opportunity for students to be apart of, if they choose to."

Matt Marinelli '07
SEE Mgmt.



"We do things for the community or the school almost every night, and it goes unnoticed...the student body only highlights the bad about Greek life."

Blair Jones '09
SEE Mgmt.



"Although Greek life isn't for me, it helps and enriches a student's college experience."

Kathleen Daggett '07
Hospitality Mgmt.



"There are a lot of things I could say, but I'll say this: My Greek experience changed my life!"

Erin O'Brien '09
SEE Mgmt.



"Greek life has changed the way I feel about Johnson & Wales in general. With out it, I don't even know if I'd still be here."

What do you think about Greek Life here on Campus?

Ideas & Opinion



Letter to the Editor: A Diatribe for the College of Culinary Arts

BY ELLIOT CARVER
Guest Writer

I USED TO WONDER WHY PEOPLE didn't like tomatoes. They can be delicious all by themselves. Growing up, all of the tomatoes I remember came from either my neighbor's garden or my own. Big and juicy, bright red, tight skin, yet ripe, with a perfume unrelated to any mass produced variety. But, as I stand here checking in my requisition, I look at these "globe tomatoes" and I no longer wonder why people hate tomatoes. I hate those too. Off in the distance, someone is going through a requisition that says BOWEN on the side of it. What ever class BOWEN teaches I would like to be a part of; his bins are loaded with baby heirloom tomatoes of all shapes and colors, along with opal basil, truffle oil, etc. I'm glad someone is eating well on this campus, why shouldn't it be the university president.

Johnson & Wales recently switched major vendors, from Sysco to the Performance Food Group (PFG). Sysco wasn't that great, but PFG has brought the university's standards to a new low. I'm sure that JWU received a little bit of cash for that deal, not to mention a store room full of cheaper than cheap products to replace all of Sysco's.

Have you used the new garbage bags? It takes at least two of the new to equal just one of the old. I wonder if Campus Convenience buys condoms from PFG. The new tasting spoons, whoever makes those bargain weapons, successfully invented the dissolvable spife.

Along with PFG came an onslaught from Roland Foods, filling in for the products no longer purchased from SYSCO. I was surprised to hear that the chef from Roland came by and held a tasting for the chefs from all of our campuses. It turns out that he was proud enough to state (in a room full of JWU volunteers) that it doesn't matter what the food tastes like, as long as it looks good people will buy it. I am positive that was taken out of context because Roland's food does not even taste or look good.

Johnson & Wales claims to be teaching the fundamentals of culinary arts. What is more fundamental than making sure your products are of a certain quality? I think the reason we haven't had Thomas Keller here as a Distinguished Visiting Chef (DVC) is that the DVC committee (A bunch of old people sitting around in a circle deciding who the students get to see) is too embarrassed, not only by the campus, but the food we serve. Wait, you are a senior and you've never heard of the DVC program? Well; three times a year, we invite a chef to come in and demo for a group of students, who until that day when they are pulled from their academics and labs in a last minute scramble for an audience, have no idea who he/she is. We are even so nice to our DVC's that we give them a chair, and a very expensive knife kit with their name engraved on it. Although, last spring, the chef received the kit with his name spelled wrong. Yes, Johnson & Wales Administration knew months in advance that his name was spelled wrong but didn't want to pay the

money to have it fixed. That's professionalism.

As for our produce, we should all be happy that J&W supports in state and New England farmers. The tomatoes come from Mexico; garlic - China; shallots - Holland; ginger - Brazil; etc. I guess it's not just the food we buy, but what we serve (a completely different letter). We have room (and money?) for fast food and ice cream machines in Café Commons, but we can't galvanize a club to start a damn herb garden? We can give away honorary degrees to people who donate (read: dump) their disgusting wine to J&W, and eat lunch with the university president, but we can't support local farmers?

Speaking of support for our community, I would like to make sure that we all realize something here. The College of Culinary Arts at J&W University in Providence, RI, *does not* compost or recycle, and if you think they do, you live in an alternate universe. I've seen some cardboard recycled, but as for paper, plastic, tin, and glass, no way. Even grease and oil are dumped down the vegetable sink if students are too lazy to take out the trash (read: smoke break). Most students don't even know where the grease traps are located after four years on campus, and the same goes for the Culinary Museum/Archives.

Heck, you probably didn't even know that J&W had a bi-weekly paper called the *Campus Herald*. And in this paper you can find all sorts of important university info, like how the water fountain across from administration in the HAC building once

dispensed a velouté of feces after a long night of snaking the toilets in the men's bathroom. I guess that happened a while ago, but you won't catch my mouth near that thing.

Let's talk about earning a degree here for a second. It's not like it's a difficult task to get into this school: no SAT, no ACT; shit, it's even free to apply. And, after two years of culinary school, if you don't have the GPA to gain entry into the Culinary Arts program, which was recently *lowered*, you can always go downtown.

Last spring I happened to still be in town so I stopped by the culinary graduation at the lovely Dunkin Donuts Center. It turns out that I was lucky to be there because, according to the ceremony booklet, I was graduating again! Upon further investigation, I found almost 10 more people that I had graduated with the year before, and not a single one of us that were listed last year were actually graduating again.

Will we ever buy most of our produce from local farmers, or even have our own garden? Will we actually recycle and compost? Will anything ever be done for the students? Probably not. But why not? Our administration would say money. Money over quality, money over our education, money over environment, and money over standards.

No, sir or madam, it's because you lack vision, you lack creative thought, and you simply do not care enough about the students to garner support for change. If you take this personally, good, damn it, you should.

Facebook Woes

BY PAUL GORDON
Business & Advertising Manager

NOW THAT "FACEBOOK" HAS been blown excessively out of proportion and is available to virtually anyone, Paul is back again, laying down the universal profile rules. Well, just crap that should and should not be on one's individual facebook profile.

Ah, where to start? I guess let's break down the reasons we have a Facebook: everybody else does. That's it. I guess it might be a good way to stay in touch with friends and whatnot, but so much for cell-phones and personal interaction. Now they are deemed inadequate by excessive use of the internet (i.e. AIM, Myspace, Blogs, etc.) All of that aside, Facebook has turned us into mini-stalkers. News-feed, limited-profiles, and Facebook, at its basic level, attest and prove this point. The mini-stalker attribute of Facebook implies that we look at another's profile to figure out if we like our new acquaintances, where they're from, if they're in a relationship, how cute they are, etc. This can lead to a plethora of information that is readily available to be placed on anyone's profile, but the ability to display mucho info on your profile doesn't mean you have to.

First thing's first: names. Put your name on you Facebook. If you're gonna have one, you already know the point, so that weird guy in class can look and see whenever you update your profile picture. Methods for this are (a) he probably already is stalking your mutual friends, (b)

he lives in your residence hall and can narrow it down by room number, and (c) pays close attention to the roll call every morning until he figures out how to spell you last name correctly. So why make his job harder? Please, if you are a cute girl, and by cute I mean a solid 7.8 or better, use your real name (at least your first name) and furthermore, if you have a unique name, use the most common spelling.

Contact information. Don't complain when you get random AIM messages and drunken phone calls if you put your screenname and cell number in there. Use this feature wisely.

And on to personal information. Aw, this is a kicker. No life-stories. I cannot stress this point enough. Nobody is going to read the "About Me" section on Facebook long enough for you to put what is equivalent to my 7 and a 1/2 page long term paper of the things you like to do, your favorite movies, good times with you high-school friends that nobody knows, and random corny, stupid stories and sayings about life and college. Now I know why there are probably 13 people that I could have a semi-intelligent conversation over dinner with. All the other people I meet/hang/chill with have already exhausted all of their personality on their online profile. From now on, I'll just check out the Facebook page before I see them and our future conversation(s) will go something like this: "So, you like _____ and _____ and _____ and I know someone that lived in _____ (their hometown/state) and _____ is in my top

ten movie list also and I'm going to see _____ at the Dunkin Donuts Center at the end of November. Good talk."

Moving on to the more important side of Facebook, your current status is something that should never have been put on there. I mean, away messages are bad enough, you're not at the computer for the, maybe, three hours a day that you are actually doing something other than staring at an LCD screen, playing with a mouse, and it's suddenly one's prerogative to leave a message about their whereabouts. Even when you're sleeping! Good thing nobody's looking for Carmen Sandiego. That would be almost too easy with the advent of AIM and Facebook: "Carmen is in Dirka-Dirkistan, updated 33 minutes ago."

I'm not even going to get into the notes feature on Facebook. WTF man? As if the wall wasn't enough. Well, I guess Mark Zuckerberg needed a feature to satisfy the narcissists of the Facebook community. Now facebook members can write about themselves on their own profiles for others to look and see, wow. If you're any percent of cool, do not do this.

Now, Facebook messages are a different story, probably the most useful feature of the site, a way to talk to your buddies that are on co-op or a term abroad and an even better use is the online flirt feature one can use.

Last, but not least, let's tackle the profile picture, wall, and albums all at once. Put a picture of yourself, by yourself. Not one with other people in the picture with you

(back to the novice stalker kid that needs to know which one is really you since he can't browse through your pictures since he doesn't have the balls to send a friend request your way.) But the picture. Your profile picture should be of you and, if you choose, your significant other. That's it. That's why we have the photo album feature to put all those other famous pictures of beer-pong, drinking and more beer-pong. And while we are on the subject of albums, don't have blurry, dark, pointless, and repeat pictures in your albums; i.e. the nights where you and your friends took 9 pictures on the same couch in a span of 7 minutes. Facebook photo albums are probably the most overused feature on the website. I could elaborate, but for sanity's sake, use the KISS principle: old-school, but tried & true. As an aside and a two part question to the general Facebook population, how do you guys have time to make albums of 50 or 60 photos and then have time to add captions to them? And who has time to look through all of the photos and comment on them? Please tell...

Enough is enough (I learned that one from J-Lo). And just remember to use Facebook appropriately. After you master the techniques of navigating, learning, and developing a decent profile, I'll come back and teach you guys how to "Choose your Myspace friends wisely," so I don't have to write the piece "How to deal with an Online Stalker: Tips and tricks for using limited profiles, blocking, and what will be the latest Facebook feature: Facebook pepper-spray."

"So you think that money is the root of all evil?" said Francisco d'Anconia. "Have you ever asked what is the root of money? Money is a tool of exchange, which can't exist unless there are goods produced and men able to produce them. Money is the material shape of the principle that men who wish to deal with one another must deal by trade and give value for value. Money is not the tool of the moochers, who claim your product by tears, or of the looters, who take it from you by force. Money is made possible only by the men who produce. Is this what you consider evil?"

"When you accept money in payment for your effort, you do so only on the conviction that you will exchange it for the product of the effort of others. It is not the moochers or the looters who give value to money. Not an ocean of tears not all the guns in the world can transform those pieces of paper in your wallet into the bread you will need to survive tomorrow. Those pieces of paper, which should have been gold, are a token of honor--your claim upon the energy of the men who produce. Your wallet is your statement of hope that somewhere in the world around you there are men who will not default on that moral principle which is the root of money. Is this what you consider evil?"

"Have you ever looked for the root of production? Take a look at an electric generator and dare tell yourself that it was created by the muscular effort of unthinking brutes. Try to grow a seed of wheat without the knowledge left to you by men who had to discover it for the first time. Try to obtain your food by means of nothing but physical motions--and you'll learn that man's mind is the root of all the goods produced and of all the wealth that has ever existed on earth.

"But you say that money is made by the strong at the expense of the weak? What strength do you mean? It is not the strength of guns or muscles. Wealth is the product of man's capacity to think. Then is money made by the man who invents a motor at the expense of those who did not invent it? Is money made by the intelligent at the expense of the fools? By the able at the expense of the incompetent? By the ambitious at the expense of the lazy? Money is made--before it can be looted or mooched--made by the effort of every honest man, each to the extent of his ability. An honest man is one who knows that he can't consume more than he has produced."

"To trade by means of money is the code of the men of good will. Money rests on the axiom that every man is the owner of his mind and his effort. Money allows no power to prescribe the value of your effort except the voluntary choice of the man who is willing to trade you his effort in return. Money permits you to obtain for your goods and your labor that which they are worth to the men who buy them, but no more. Money permits no deals except those to mutual benefit by the unforced judgment of the traders. Money demands of you the recognition that men must work for their own benefit, not for their own injury, for their gain, not their loss--the recognition that they are not beasts of burden, born to carry the weight of your misery--that you must offer them values, not wounds--that the common bond among men is not the exchange of suffering, but the exchange of goods. Money demands that you sell, not your weakness to men's stupidity, but your talent to their reason; it demands that you buy, not the shoddiest they offer, but the best that your money can find. And when men live by trade--with reason, not force, as their final arbiter--it is the best product that wins, the best performance, the man of best judgment and highest ability--and the degree of a man's productiveness is the degree of his reward. This is the code of existence whose tool and symbol is money. Is this what you consider evil?"

"But money is only a tool. It will take you wherever you wish, but it will not replace you as the driver. It will give you the means for the satisfaction of your desires, but it will not provide you with desires. Money is the scourge of the men who attempt to reverse the law of causality--the men who seek to replace the mind by seizing the products of the mind.

"Money will not purchase happiness for the man who has no concept of what he wants: money will not give him a code of values, if he's evaded the knowledge of what to value, and it will not provide him with a purpose, if he's evaded the choice of what to seek. Money will not buy intelligence for the fool, or admiration for the coward, or respect for the incompetent. The man who attempts to purchase the brains of his superiors to serve him, with his money replacing his judgment, ends up by becoming the victim of his inferiors. The men of intelligence desert him, but the cheats and the frauds come flocking to him, drawn by a law which he has not discovered: that no man may be smaller than his money. Is this the reason why you call it evil?"

"Only the man who does not need it, is fit to inherit wealth--the man who would make his own fortune no matter where he started. If an heir is equal to his money, it serves him; if not, it destroys him. But you look on and you cry that money corrupted him. Did it? Or did he corrupt his money?"

"Unless you discover that money is
the root of all good, you ask for
your own destruction."

Do not envy a worthless heir; his wealth is not yours and you would have done no better with it. Do not think that it should have been distributed among you; loading the world with fifty parasites instead of one, would not bring back the dead virtue which was the fortune. Money is a living power that dies without its root. Money will not serve the mind that cannot match it. Is this the reason why you call it evil?"

"Money is your means of survival. The verdict you pronounce upon the source of your livelihood is the verdict you pronounce upon your life. If the source is corrupt, you have damned your own existence. Did you get your money by fraud? By pandering to men's vices or men's stupidity? By catering to fools, in the hope of getting more than your ability deserves? By lowering your standards? By doing work you despise for purchasers you scorn? If so, then your money will not give you a moment's or a penny's worth of joy. Then all the things you buy will become, not a tribute to you, but a reproach; not an achievement, but a reminder of shame. Then you'll scream that money is evil. Evil, because it would not pinch-hit for your self-respect? Evil, because it would not let you enjoy your depravity? Is this the root of your hatred of money?"

"Money will always remain an effect and refuse to replace you as the cause. Money is the product of virtue, but it will not give you virtue and it will not redeem your vices. Money will not give you the unearned, neither in matter nor in spirit. Is this the root of your hatred of money?"

"Or did you say it's the love of money that's the root of all evil? To love a thing is to know and love its nature. To love money is to know and love the fact that money is the creation of the best power within you, and your passkey to trade your effort for the effort of the best among men. It's the person who would sell his soul for a nickel, who is loudest in proclaiming his hatred of money--and he has good reason to hate it. The lovers of money are willing to work for it. They know they are able to deserve

it.

"Let me give you a tip on a clue to men's characters: the man who damns money has obtained it dishonorably; the man who respects it has earned it.

"Run for your life from any man who tells you that money is evil. That sentence is the leper's bell of an approaching looter. So long as men live together on earth and need means to deal with one another--their only substitute, if they abandon money, is the muzzle of a gun.

"But money demands of you the highest virtues, if you wish to make it or to keep it. Men who have no courage, pride or self-esteem, men who have no moral sense of their right to their money and are not willing to defend it as they defend their life, men who apologize for being rich--will not remain rich for long. They are the natural bait for the swarms of looters that stay under rocks for centuries, but come crawling out at the first smell of a man who begs to be forgiven for the guilt of owning wealth. They will hasten to relieve him of the guilt--and of his life, as he deserves.

"Then you will see the rise of the men of the double standard--the men who live by force, yet count on those who live by trade to create the value of their looted money--the men who are the hitchhikers of virtue. In a moral society, these are the criminals, and the statutes are written to protect you against them. But when a society establishes criminals-by-right and looters-by-

law--men who use force to seize the wealth of disarmed victims--then money becomes its creators' avenger. Such looters believe it safe to rob defenseless men, once they've passed a law to disarm them. But their loot becomes the magnet for other looters, who get it from them as they got it. Then the race goes, not to the ablest at production, but to those most ruthless at brutality. When force is the standard, the murderer wins over the pickpocket. And then that society vanishes, in a spread of ruins and slaughter.

"Do you wish to know whether that day is coming? Watch money. Money is the barometer of a society's virtue. When you see that trading is done, not by consent, but by compulsion--when you see that in order to produce, you need to obtain permission from men who produce nothing--when you see that money is flowing to those who deal, not in goods, but in favors--when you see that men get richer by graft and by pull than by work, and your laws don't protect you against them, but protect them against you--when you see corruption being rewarded and honesty becoming a self-sacrifice--you may know that your society is doomed. Money is so noble a medium that it does not compete with guns and it does not make terms with brutality. It will not permit a country to survive as half-property, half-loot.

"Whenever destroyers appear among men, they start by destroying money, for money is men's protection and the base of a moral existence. Destroyers seize gold and leave to its owners a counterfeit pile of paper. This kills all objective standards and delivers men into the arbitrary power of an arbitrary setter of values. Gold was an objective value, an equivalent of wealth produced. Paper is a mortgage on wealth that does not exist, backed by a gun aimed at those who are expected to produce it. Paper is a check drawn by legal looters upon an account which is not theirs: upon the virtue of the victims. Watch for the day when it bounces, marked, 'Account overdrawn.'

"When you have made evil the means of survival, do not expect men to remain good. Do not expect them to stay moral and lose their lives for the purpose of becoming the fodder of the immoral. Do not expect them to produce, when production is punished and looting rewarded. Do not ask, 'Who is destroying the world? You are.'

"You stand in the midst of the greatest achievements of the greatest productive civilization and you wonder why it's crumbling around you, while you're damning its life-blood--money. You look upon money as the savages did before you, and you wonder why the jungle is creeping back to the edge of your cities. Throughout men's history, money was always seized by looters of one brand or another, whose names changed, but whose method remained the same: to seize wealth by force and to keep the producers bound, demeaned, defamed, deprived of honor. That phrase about the evil of money, which you mouth with such righteous recklessness, comes from a time when wealth was produced by the labor of slaves--slaves who repeated the motions once discovered by somebody's mind and left unimproved for centuries. So long as production was ruled by force, and wealth was obtained by conquest, there was little to conquer. Yet through all the centuries of stagnation and starvation, men exalted the looters, as aristocrats of the sword, as aristocrats of birth, as aristocrats of the bureau, and despised the producers, as slaves, as traders, as shopkeepers--as industrialists.

"To the glory of mankind, there was, for the first and only time in history, a country of money--and I have no higher, more reverent tribute to pay to America, for this means: a country of reason, justice, freedom, production, achievement. For the first time, man's mind and money were set free, and there were no fortunes-by-conquest, but only fortunes-by-work, and instead of swordsmen and slaves, there appeared the real maker of wealth, the greatest worker, the highest type of human being--the self-made man--the American industrialist.

"If you ask me to name the proudest distinction of Americans, I would choose--because it contains all the others--the fact that they were the people who created the phrase 'to make money.' No other language or nation had ever used these words before; men had always thought of wealth as a static quantity--to be seized, begged, inherited, shared, looted or obtained as a favor. Americans were the first to understand that wealth has to be created. The words 'to make money' hold the essence of human morality.

"Yet these were the words for which Americans were denounced by the rotted cultures of the looters' continents. Now the looters' credo has brought you to regard your proudest achievements as a hallmark of shame, your prosperity as guilt, your greatest men, the industrialists, as blackguards, and your magnificent factories as the product and property of muscular labor, the labor of whip-driven slaves, like the pyramids of Egypt. The rotter who simpers that he sees no difference between the power of the dollar and the power of the whip, ought to learn the difference on his own hide--as, I think, he will.

"Until and unless you discover that money is the root of all good, you ask for your own destruction. When money ceases to be the tool by which men deal with one another, then men become the tools of men. Blood, whips and guns--or dollars. Take your choice--there is no other--and your time is running out."

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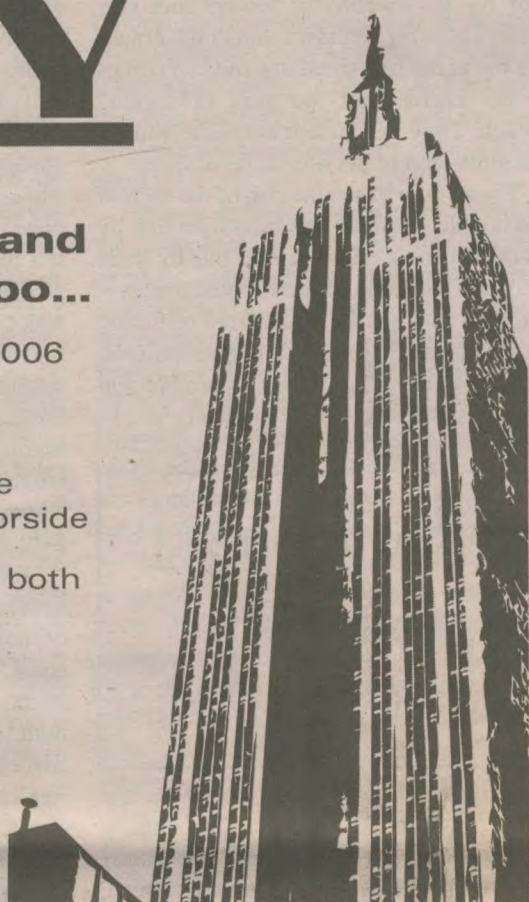
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"This Week In Greek"

Greek of the Week

This week's Greek of the Week is a member of Sigma Delta Tau. She is a sophomore and the sorority's Health & Social Awareness Chair. For Alcohol Awareness week she did everything she could to involve her sisters and other members of Greek life. To prepare for the week she attended an AA meeting to obtain more information about alcohol symptoms and after affects. She did an amazing job and was definitely recognized by her sisters for her dedication and time on this project.

This weeks Greek of the Week is
Rachel Beletz
Congratulations!

Upcoming Events

11/10—IFC Speed Dating, 8 pm, Pepsi Forum
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Check us out online at:

www.jwu.edu/prov/osa/greek

Greek of the Week is brought to you by
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Did You Know?

Greek Life's
Philanthropy is the
Make-A-Wish
Foundation of RI?

Each year J&W's fraternities and sororities will raise money to grant two children their wish. Greek Life kicked off their fundraising on November 1st with their Make-A-Wish kickoff event in front of Snowden Hall. Last year's children came to tell all about their trip to Disney World. This year's goal was also announced. Greek Life is going to try to raise \$13,000 to grant two more children their wish!



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Culinary Arts

"I can do this"

One Student's First Hand Account of her Earlier days at J&W

BY KATIE SHOE
Guest Writer

I have to admit, when I committed to culinary school for college, I was not committed to the culinary arts. In fact, I chose Johnson & Wales University for their Culinary Nutrition Bachelor's degree program with no prior culinary experience. My concern was solely with the nutrition aspect. I was scared to death of culinary labs. What would they look like? What would be expected of me? How would I survive under the pressure? However, not to be outdone by this dread, I thought to myself, "I can do this," and went each day in full uniform – from the pressed white chef coat with embroidered Johnson & Wales logo, blue neckerchief, and black and white checked pants down to the white socks and school issued black shoes.

The pure thought of preparing a hollandaise sauce had me in a tizzy, so when my first day of classes turned out to be a lab called Stocks, Sauces, and Soups, I nearly ran out the door. After a brief lecture session I began to follow my identically clad classmates into the lab kitchen, but I halted abruptly in the doorway in amazement. There was stainless steel everywhere! Massive six burner stoves lined the back wall like soldiers preparing for battle. Their dominating might radiating throughout the kitchen. Stainless steel work tables were arranged in rows throughout the center of the room. Where was I going to hide in here? A refrigerator larger than my walk-in closet was hidden

behind a thick metal door. I would later learn this is called a "walk-in," but for now, it looked promising for a quick get away.

The features that set this lab apart from others I would later experience during my education were the four intimidating 100-gallon, steam jacketed kettles against the right wall. The red tiled floor was hard and cold, far from welcoming, but with a deep breath and a reminder that "I can do this," I found my way through the unknown surroundings to a table, where I felt very exposed.

After a few days of asking incessant questions on what everyone else felt to be insignificant matters revolving around preparing stocks and soups, I finally began to settle into the whole culinary lab routine. I was comfortably sitting at my desk on the sixth day of lab when my tall and thin, bright eyed instructor, who I had up until this point adopted as my surrogate mother while away at school, started class with "Today is hollandaise day, probably the hardest day of this segment." Even now, three years later, I am still uncertain what other material was covered in lecture because I was stuck on her first words of the day.

"Hollandaise? Today? Hardest day of this segment?" I questioned in my head. I thought this entire segment had been extremely demanding for someone with no previous experience, and now it was to get harder? When lecture ended, I yet again fell in line with my uniformed classmates to file into the kitchen. Everyone gathered

around the front stainless steel table for a brief demonstration by the teaching assistant. My nerves were becoming so tangled I felt they were suffocating me. Though it seemed the room was spinning, I managed to focus on his hands performing each task. I made a mental note of each detail, from how to prepare the double boiler to what speed to whip the sauce to ensure the perfect, creamy texture. He drew ribbons in the bowl of hollandaise with the sauce dripping off of the whisk. When a complete figure eight would hesitate on the surface before sinking back into the bowl the sauce was ready. Once he finished, we tasted the hollandaise he had concocted. It was delightfully smooth and coated my tongue. The mild taste of butter and eggs with a hint of lemon resonated in my mouth. Before I had time to completely process what I was being asked to do, I was sent away to reproduce this complex process on my own.

My mind in a whirl, I successfully gathered my equipment: wire whisk, pot of boiling water for a double boiler, a stainless steel bowl, egg yolks, a lemon for its juice, water, clarified butter, salt, and Tabasco sauce. First try, a deep breath, "I can do this." I whisked and whisked the egg yolks, lemon juice, and water over the double boiler until my arm was burning as if it alone had run a marathon. Then came the tricky step of adding the clarified butter, *not too fast or it will separate* (remembering the teaching assistant's warning). I let out a slight sigh of relief when my sauce reached the ribboning stage and my

figure eight held briefly on its surface before disappearing. The last step was to adjust the flavor with salt and Tabasco.

Timidly, I took my product to the instructor. I was proud of my sauce, my first hollandaise, but would she be equally as pleased? "Excellent!" she exclaimed after tasting it. I left class that day with one of the greatest feelings of satisfaction I had ever felt.

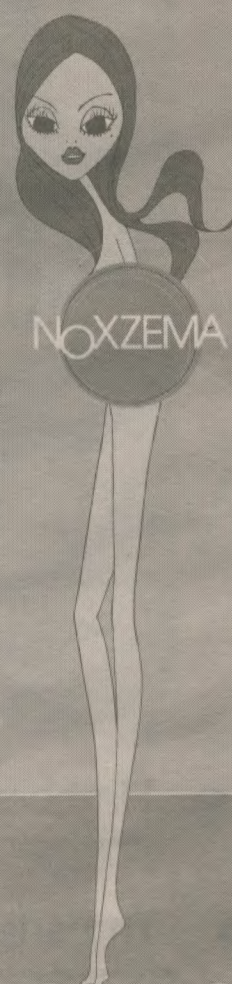
After a few months, the kitchens were no longer a strange environment. I had grown accustomed to the roaring exhaust fans, the clanging of metal utensils on metal pots and pans, and the kitchen jargon. I felt comfortable in my uniform, I had bonded with my knives, I was no longer hesitant. Even the red tiled floors seemed hospitable. Cooking had evolved from my fear to my passion; I wanted to learn everything I could.

The tests of culinary school, both mentally and emotionally pushed me beyond my comfort zone time after time, but I mustered up the courage to accomplish each task and overcome each obstacle. One such obstacle even sent me to the emergency room with first, second, and third degree burns on my face from a shower of 400°F oil when a corn kernel exploded. But I not only survived in the kitchens I was once scared to enter, I thrived. I now see that I *can* do this and that, and everything else I put my mind, heart, and soul into.

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Beer Me!

BY NATE MARTELL
Culinary Arts Editor

"Simply Because... Life's Too Short To Drink Shitty Beer" reads the Wickenden Pub mantra. And after 3 years of beer pong with Milwaukee's Best Light, Bud Light, Busch Light, Miller Lite, Miller High Life, Coors Light, and Olde English it might be time to explore the wonderful world of beer.

For most college students (my apologies if you can't fit into my stereotype), what you know as beer starts with a brand name and ends with the word light, or any variation thereof. You think all dark beer is like GUINNESS, and you don't like it, but you probably haven't tried it. The irony here is that you probably didn't even like light beer the first time you had it. Like everyone, you eventually killed enough brain cells to be proud of the fact that it takes you 15 silver bullets before you have to break the proverbial seal, and you still aren't drunk, something you are quick to declare. That's ok, it's college, and consequently, it's the perfect time for such behavior. However, it is also a time to expand one's realm, the realm of beer that is. In order to do that, you need to find out what beer really is.

Basic Ingredients: malted barley, hops, yeast, and water.

Remember that line from *Tommy Boy* where David Spade insults Chris Farley's character, saying all that is left in his head is "malted barley and bong resin"? Well, right there we almost have 2 key ingredients in beer making. The first of which is malted barley. I could write a whole different article on malted barley, two row vs. six row barley, fermentable sugars, adjuncts, etc. The important part to know is that yeast uses the malt sugars as food and the byproduct ends up as the alcohol in your beer. Large producers of light beers use cheaper methods for sugars by using corn and rice. Anheuser-Busch happily proclaims that it is the largest purchaser of rice in the United States. The other thing to know is that the roasting of malt or other grains is where your beer gets its color and most of its flavor.

Hops (*Humulus lupulus*) are a relative of our friend *Cannabis sativa*. Hops have long been used medicinally to aid in digestion and are sometimes made into a tea with valerian root and used to combat insomnia.

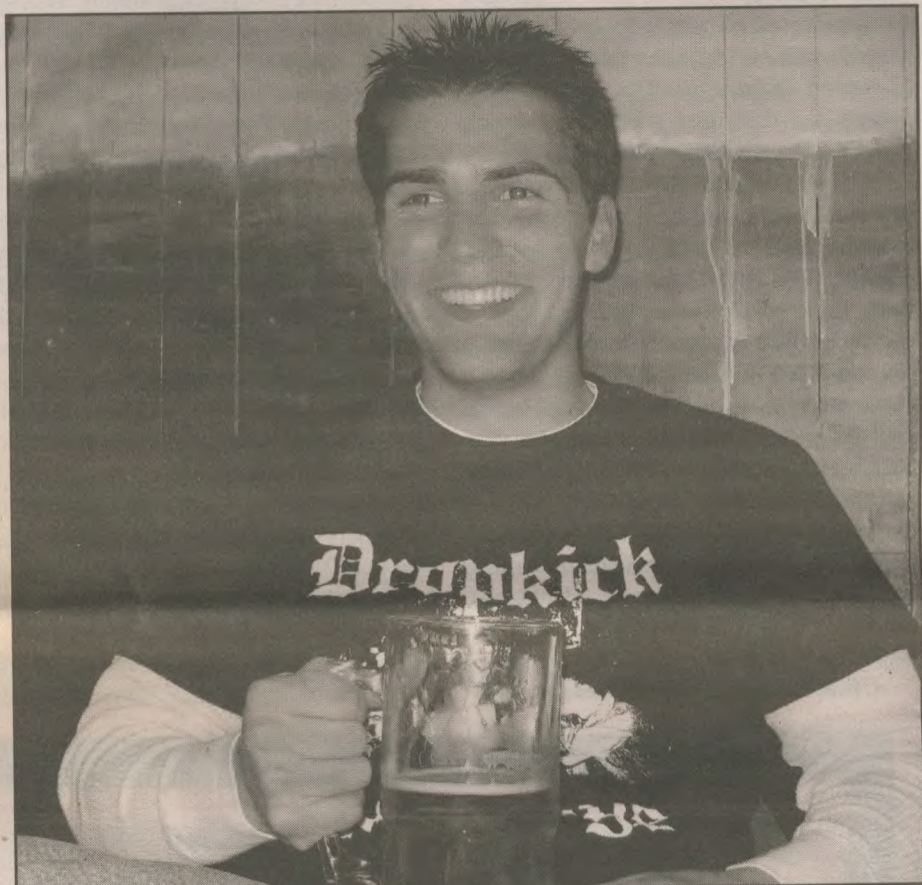
They can grow over 20 feet tall and that is where its Latin name comes from. The word *lupulus* refers to a wolf (like Professor Lupin in Harry Potter, oh, now you get it) and it's been said that like a wolf creeping up on sheep, so do hops to a willow tree. What do hops do for beer though? They provide the bitterness, as do roasted malts, and aroma for the beer. Hops may impart a slight bitter, but pleasant, flavor. Aromas can resemble citrus fruits, or even flowers. A properly hopped brew will have a thick and sturdy head, like in Samuel Adams Boston Lager.

Yeasts and water may not have the same impact on flavor as malts and hops, but if you want alcohol in your beer, they are a very important factor. Alcohol by volume (ABV) percents can be as low as 4-5%, representing the vast majority of light beers, and as high as 25.6% like the Samuel Adams Utopias that represent less than .001% of beers produced and which happens to be illegal to sell in 14 states (doesn't that make you just want to try it). Most beers fall into the 5-6% ABV range. The types of yeasts used help to determine the classifications of beer. Lagers use yeast that ferments at the bottom of the tank. This lagering process takes longer than ales and stouts because it happens at lower temperatures (low 32-50°F). Ales and stouts use top fermenting yeasts at warmer temperatures (up to 75°F). Generally speaking, lagers are lighter than ales and stouts because of the temperature difference, not to mention the type of roasted malt used.

Up until now, it might seem like I have a vendetta against light beer, but this is untrue. There is a time, place, and person for every beer. But if I continuously overhear my peers talk about how they only drink Bud Light and they think Budweiser itself is gross, and how GUINNESS tastes like soy sauce (???) and "Natty Ice" is the shit, I might just walk blindfolded into heavy traffic. I won't play beer pong with Chimay Rouge or Celebrator Doppelbock, but I also won't drink Miller Lite or Keystone Light out of anything other than a SOLO cup or funnel. At a time in history where we can obtain almost any beverage, either legally or illegally, from anywhere in the world, we should take advantage of that. Whether the beer is from a New England microbrewery or an exclusive Bavarian producer ceases to matter when you enjoy it.



Nate Martell '07(L), Kyle Pafford '07 (R) pose with the Wickenden Pub bouncer.



Kyle Pafford '07 enjoys a mug of Samuel Adams Boston Lager at Wickenden Pub.

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BY STEPHEN MAZZARIELLO
Herald Staff Writer

Create a personalized income state-

To assist in helping you understand the allocation of your money, I have devised a

In my last financial column, I recommended George S. Clason's *The Richest Man in Babylon* as being a good place to start improving your financial literacy. The first piece of advice Mr. Clason shares with his readers is that a part of all you earn is yours to keep. Billy Budget saw the wisdom in his words and decided to pay himself first by putting 30% or \$60.00 out of every paycheck into his bank account for the future. Previously, he had always spent his money first and saved what was left over and realized that almost always there was nothing left over. Mr.

Recommended Reading: *Think and Grow Rich* – By: Napoleon Hill

	Yearly	Monthly	Weekly	% of Pay
Car Insurance	\$ 1,680.00	\$ 140.00	\$ 35.00	
Credit Card Debt	\$ 720.00	\$ 60.00	\$ 15.00	
Student Loans	\$ 1,040.00	\$ 86.67	\$ 21.67	
Social Life	\$2,319.84	\$ 193.32	\$ 48.33	
Expenses Total	\$5,759.84	\$ 479.99	\$ 120.00	60%
Goodwill (Donations)	\$ 960.00	\$ 80.00	\$ 20.00	10%
Savings	\$2,880.00	\$ 240.00	\$ 60.00	30%

[illegible]

SPORTS

Wildcat Watch

BY DAN BOOTH
Director of Athletic Communications

MEN S SOCCER (15-4 overall, 8-0 Great Northeast Athletic Conference)

Johnson & Wales has advanced to the GNAC Championship game for the fifth straight year and will take on Western New England in a rematch of last year's championship game, won by the Wildcats. The team continues to be one of the hottest teams both in New England and nationally, winning five straight and 15 of their last 16 games. The squad is currently ranked ninth in New England by the National Soccer Coaches Association of America while D3Kicks.com has the team ranked fourth in the region. JWU is led offensively by juniors Barry Phillips (West Glover, Vt.) and Brian Sousa (Providence, R.I.) who have each tallied 10 goals and added seven assists for 25 points. Junior Alin Oroszi (Ypsilanti, Mich.) is also in double figures for JWU, scoring six goals and adding six assists for 18 points while freshman Paul Dyer (Berwick, Maine) has chipped in with 18 points on the season.

Senior goalkeeper Brenton Blanchard (Saline, Mich.) has posted a 1.11 goals against average and a .800 save percentage on the year with seven shutouts.

WOMEN S SOCCER (9-9-1 overall, 7-1-1 Great Northeast Athletic

Conference)

JWU, the GNAC Regular Season Champions, dropped a hard-fought 4-2 decision against Western New England in the GNAC semifinals and will wait to hear of their post-season fate when the ECAC Division III selections are made on Monday, November 6th. Senior Leah Farrar (Uxbridge, Mass.), a GNAC Player of the Year candidate, led the team in scoring with 11 goals, including three game winners and eight assists for 30 points. Fellow senior Kelly Gil (Pawtucket, R.I.) added seven goals and six assists for 20 points on the season. Rounding out the double-figure scorers for JWU is senior Katie Cherecwich (Howell, N.J.) with four goals and six assists for 14 points while rookie Jennifer Paquin (North Attleboro, Mass.) with five goals and one assist for 11 points. Freshman Kate Nast (Quakertown, Pa.), a GNAC Rookie of the Year candidate, has recorded six shutouts this year with a 2.23 goals against average and a .772 save percentage.

WOMEN S VOLLEYBALL (23-13 overall, 8-3 Great Northeast Athletic Conference)

Junior Kelle Pfunder (Cincinnati, Ohio) became the fastest player in JWU history to reach 1,000 career kills as she reached that milestone in the Wildcats impressive 3-0 win over Emerson in the GNAC quar-

terfinals. The fourth-seeded Wildcats will travel to Emmanuel on Thursday, Nov. 2nd to take on top-seed Emmanuel. Pfunder leads the team and is among the GNAC leaders with 3.68 kills per game while hitting for a .294 percentage. Junior Audra Vaccari (Winstead, Conn.) is also among the GNAC leaders in set assists with 10.29 per game and is adding 3.07 digs per game for the Wildcats. Freshman Ashley Constantino (Marlton, N.J.) has made an immediate impact for JWU, averaging 2.1 kills while her 3.6 digs per game rank her among the conference leaders. Sophomore Alanna Schloff (Oak Park, Ill.) has been among the team leaders in every category this season, averaging 2.45 kills and a team-best 0.60 blocks per game while sophomore Ramona DiFilippo (Galloway, N.J.) is second in the GNAC with 4.4 digs per game for the Wildcats.

MEN S CROSS COUNTRY

Freshman Patrick Sandoval earned All-GNAC honors with a ninth-place finish at the GNAC Championship while senior Tristen Montalvo was right behind him, finishing 11th with a time of 30:58.

WOMEN S CROSS COUNTRY

Danielle Sargent (Danvers, Mass.) was an All-GNAC honoree on the women's side with a fourth-place finish in a time of 21:10. Freshman Alexandra Wessman also

had a strong showing for the Wildcats women's team, placing 12th with a time of 22:01

SAILING

The Wildcats competed twice, notching an eighth place finish on Saturday and a 9th out of 17 on Sunday. Senior Betsy Loomis (Centreville, Md.) and sophomore Rachel Leonard (Exeter, N.H.) piloted the team's "A" boat on Saturday while sophomore Tyler Woodruff (Chicago, Ill.) and sophomore Eric Lindorff guided the "B" team. On Sunday in one of the Wildcats top finishes of the year, freshman Sam Talbot (Kill Devil Hills, N.C.) and junior Jameson Lane (Copiague, N.Y.) guided the "A" boat while Woodruff and sophomore Keira Walion (East Greenbush, N.Y.) had the "B" boat that finished seventh of 17 in their division.

GOLF

The Johnson & Wales golf team wrapped up the 2006 fall season with wins over Emerson and Suffolk in a tri-match at the Cranston Country Club. Johnson & Wales posted a team score of 339, followed by Emerson with a 396 and Suffolk with a 435. Leading the way for Johnson & Wales was senior Kyle Morrell (New Fairfield, Conn.) with an 80 while sophomore Dustin Bride (Manchester, Conn.) shot an 82 for the Wildcats.

Johnson & Wales Hockey Takes Dunkin Donuts Cup Championship

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales hockey team captured the Dunkin Donuts Cup Championship with a 2-0 victory against North Country Community College at the New England Sports Center on Saturday evening. The Wildcats defeated host Becker by a score of 7-5 in the opening round on Friday night.

In the 7-5 victory against Becker on Friday night, juniors Matt McGilvary (Rochester, N.H.) and Ryan Jacobs (Newport, Vt.) and freshman D.J. McNaughton (Hollowell, Maine) each had two goals for JWU while sophomore Charlie Bacon (Hudson, Mass.) made 12 stops while allowing just one goal in the win.

On Saturday, Bacon was outstanding in goal for the Wildcats, posting 38 saves in the 2-0 shut out victory while McGilvary's power play goal at 12:18 of the first period would prove to be the game-winner. Junior Adam Frew (Concord, N.H.) also added a goal in the victory for the Wildcats while sophomore Dave Notartomaso (Winchester, Mass.) tallied a pair of assists and had one goal and four assists on the weekend.

With the wins Johnson & Wales is now 2-0 on the year. The Wildcats will return to action on Wednesday, November 8th when they host Framingham State in an ECAC Northeast contest at the Rhode Island Sports Center at 6:00 p.m.

JWU Golf Downs Emerson & Suffolk

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales golf team defeated Emerson and Suffolk in a tri-match at the Cranston Country Club on Friday afternoon. Johnson & Wales posted a team score of 339, followed by Emerson with a 396 and Suffolk with a 435.

Leading the way for Johnson & Wales was senior Kyle Morrell (New Fairfield, Conn.) with an 80 while sophomore Dustin Bride (Manchester, Conn.) shot an 82 for the Wildcats.

Johnson & Wales Women's XC Takes Third, Men's Take Fourth At GNAC Championship

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales women's cross country team placed third while the men's squad had a fourth-place finish at the Great Northeast Athletic Conference Championship, hosted by Rivier College on Saturday afternoon. Western New England took the women's championship while Norwich captured the men's title.

Patrick Sandoval earned All-GNAC honors on the men's side with a ninth-place finish while senior Tristen Montalvo was right behind him, finishing 11th with a time of 30:58. Danielle Sargent was an All-GNAC honoree on the women's side with a fourth-place finish in a time of 21:10. Alexandra Wessman also had a strong showing for the Wildcats women's team, placing 12th with a time of 22:01.

Johnson & Wales Wrestling Places Second At Ithaca Invitational

BY DAN BOOTH
Director of Athletic Communications

The eighth-ranked Johnson & Wales University wrestling team notched a second-place finish at the Ithaca Invitational in Ithaca, N.Y. The season-opening meet featured 17 teams, including 10 that are nationally-ranked to start the 2006 season. JWU finished with 136.50 points while the College of New Jersey took first-place with 146.50 points.

Freshman Mike Bastante (Little Falls, N.J.) who was seeded 10th at 125 pounds to start the tournament, posted a 5-0 record and earned Most Outstanding Wrestler honors, taking first-place at 125 pounds for the Wildcats. Junior All-American Steve Martel (West Caldwell, N.J.), currently the top-ranked wrestler in the country, took first-place at 165 pounds, compiling a perfect 5-0 record along the way to become the first wrestler in the history of the Ithaca Invitational to be a three-time champion at any weight class. Fellow junior Brandon McDonough (Des Moines, Iowa), the country's fourth-ranked wrestler at 125 pounds notched a third-place finish with a record of 5-1, including a pair of victories via pin-fall. Freshman Tom Cuccinello (Smithtown, N.Y.) also finished third after winning the consolation bracket, posting a 5-1 mark along the way for the Wildcats.

The Wildcats had three sixth-place finishes for the tournament, including sophomore Bryan Lenhardt (Gloucester, Va.) who tallied a 3-2 mark at 184 pounds. Sophomore Steve Eberle (Aurora, Colo.) placed sixth at 141 pounds while junior Pete Reilly's (Farmingdale, N.J.) 5-2 record at 157 pounds was also good for a sixth-place finish.

The Wildcats will return to action next weekend when they travel to Roger Williams for the RWU Invitational on Saturday, November 11th, starting at 10:00 a.m.

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JWU Men's Soccer Completes Undefeated GNAC Season With 2-1 Win Over Suffolk

BY DAN BOOTH

Director of Athletic Communications

The Johnson and Wales University men's soccer team completed their first undefeated Great Northeast Athletic Conference season with a 2-1 win over Suffolk on Wednesday night at Filippello Field.

Suffolk took the lead in the game when Nick Celia tallied a goal in the 32nd minute to give the Rams a 1-0 lead. JWU junior Barry Phillips (West Glover, Vt.) responded in the 38th minute when he took a pass from junior Alin Oriszi (Ypsilanti, Mich.) to knot the game at 1-1.

Just four minutes later, Phillips assisted freshman Dennis Gold (Lakewood, Ohio) on a header giving JWU the 2-1 lead. The two teams would then play a scoreless second half as the Wildcats took the 2-1 victory.

JWU senior Brenton Blanchard (Saline, Mich.) made three saves in the victory while Scott Panzano (Holmdel, NJ) had five saves for Suffolk.

With the win Johnson & Wales wraps up the regular season with a 13-4 record, 8-0 in the GNAC while Suffolk is 9-4 overall, 5-3 league play.



JWU Men's Soccer vs. Rivier. Photographer: Benjamin Sukle '08.

JWU Men's Soccer Defeats Rivier, 8-1 In GNAC Quarterfinals

BY DAN BOOTH

Director of Athletic Communications

The Johnson & Wales University men's soccer team posted a commanding 8-1 victory against Rivier in a Great Northeast Athletic Conference quarter-final contest at Pierce Stadium on Sunday afternoon.

Junior Alin Oroszi (Ypsilanti, Mich.) notched the first goal of the game for the Wildcats at the 17:23 mark when he put in a rebounded save after a free kick. Oroszi would later add another goal and notched a pair of assists on the afternoon for JWU. Junior Barry Phillips (West Glover, Vt.) scored a pair of goals, including what would prove to be the game-winner at the 33:09 mark of the first half, in the victory for the Wildcats. Sophomore Jeremiah Schenzel (Carson City, Nev.) also had a pair of goals for Johnson & Wales. Rounding out the scoring for JWU on the afternoon was freshman Paul Dyer (Berwick, Maine) and junior Brian Sousa (Providence, R.I.).

Rivier's lone goal of the game came at 58:24 from freshman Maicon Januario (Lowell, Mass.).

Senior Brenton Blanchard (Saline, Mich.) had one save in the shutout for Johnson & Wales while senior Victor Joubert (Haverhill, Mass.) notched seven stops in the setback for Rivier.

With the win Johnson & Wales is now 14-4 overall while Rivier falls to 6-10-2 on the season.

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Arts & Entertainment

Pop-punk legends New Found Glory's Coming Home

By JACKSON BURTON
Herald Staff Writer

New Found Glory has always been a musical-staple in many people's hearts. Since the release of *Nothing Gold Can Stay* and *Sticks and Stones* so many years ago, it seems that when the weather warms up and the sun shines through the clouds, the pop-punk goodness of NFG is always close in tow. However, the band's latest album hits us as the summer months fade and the air bends to the onslaught of fall. Incidentally, the band's musical thermometer is still intact. Instead of an album full of summer-fist-pumping-anthems, they've released the perfect music by which to watch the leaves change and fall from the trees. It's important to note, though, that while the color of leaves may change, the underlying nature never does.

Being one of the first bands this reviewer ever really adored, and being one of the bands that helped shape the musical taste in his youth, it's only fitting that the band's slight stylistic changes would be right in tune with this reviewer's own musical taste changes. While the choruses and sing-along hooks could compete with the best on any of their previous albums - it's the slower melodic approach to the songs that truly makes the album come alive and fully breathe.

It's crucial you abandon any pre-conceived expectations for this album. If you're anticipating the band's previous

albums or songs like "The Glory of Love (Cover From Karate Kid Part II)" circa *From The Screen To Your Stereo*, you're going to be completely let-down. However, if you're looking for an album that has maturity and still contains the hooks and catchy nature of pop-punk, this is sure to be one of your favorites. Hand claps, gang vocals, acoustic guitars, piano and... strings? I think that if you're not singing along, you secretly want to.

Sure, bands will attest to learning more about themselves from album to album, but it's not a matter of abandoning the good and bad times of the past to wholly invent a new sound. NFG have taken the good, the bad, and the ugly and melded them into their signature of positive, reaffirming and simply enjoyable music that reminds you of where you are and why you're doing it. The stand out tracks include the lead single, "It's Not Your Fault," the title track, "Coming Home," the classically touching, "Too Good To Be" and the brilliant closer, "Boulders."

Back when New Found Glory's *Self-Titled* album was released (1998), there weren't many that gave it a chance to be one of the building-blocks for an entire genre. However, in hindsight, it appears as though that disc may have had more of an impact than anyone ever could have guessed. While *Coming Home* may not have the same roaring result as *Catalyst*, it most certainly has the qualities that could make it a classic in time.

The Coffee Exchange sets the Bar for Providence Coffee Houses

By CARA McAVOY
Herald Staff Writer

Throughout the trimester, I hoped to use this Coffee Column to uncover the "best coffee house" in Rhode Island. As of yet, I have found some great, and some not so great, places to grab a generic coffee and a bite to eat. My search for an actual coffee house had thus far proved futile. As the last issue of the trimester approaches I think I have found a real-live coffee house, beans and all.

The Coffee Exchange
207 Wickenden St.
www.coffeexchange.com

Open 6:30 am-11 pm 7 days a week

The aura extended all the way to the paved sidewalk where the first cluster of coffee bearing hands lingered to enjoy the day. On the large outside deck above street level, small tables were clustered with patrons trying to enjoy the last of the warm weather. Conversation between tables gave the feel that these people knew each other, that most of their conversations were on-going and innocent, based on enjoyment rather than necessity. Here was the real "coffee shop" atmosphere. The one place in the hustle and bustle of everyday life where nothing mattered, but life's real problems were mulled over for hours.

Passing by the clusters of people, I entered the actual building to see in vast quantities what I had looked for, for so long: coffee beans, and by the bin! These bins represented coffee from around the world. Each had its own distinct smell, color, roast and story. Any questions about the vast array of beans could be answered by the attendants behind the counter. These were also the wonderful people who chose the "coffee of the day". The name of the daily grind may not be known to you, but as soon as you enter the shop, you can smell that daily coffee choice brewing.

The line for the register winds along an old wooden counter adorned with break-

fast eats and little coffee treats. A large board behind the counter advertises all the coffee choices and other drinks, including several kinds of chai, Italian sodas and hot chocolate. Coffee is, of course, the star player though and any decoration that coffee could ever desire can be found opposite the main register. This side table has simple syrup (sugar solution best for iced coffee), cinnamon, cocoa powder, creamers, sugars, etc.

As I turned from the counter to find a seat, large daily coffee in hand, I felt the essence of a Sunday morning hit me square in the face. The crinkle of newspaper pages turning was mixed with voices and laughter. Soft light trickling through the windows warming the wooden chairs gave the room a cozy wholesomeness, hard to find in the fast paced, attitude-driven world we live in. Securing a seat in the corner, I sat to watch the crowd and enjoy my long awaited coffee.

From my perch I noticed the sound of newspapers shuffling would be a common one since The Coffee Exchange offers its guests several complimentary selections. Internet connections were also available for the technologically driven who would rather read their news electronically. While the readers could enjoy their papers, there was a saving grace for the shopaholics: coffee paraphernalia! Everything a coffee drinker needs from filters to decorations could be found along the walls and displays.

In short, this local café is a tribute to real coffee houses, whose absolutely captivating aroma envelops you as soon as you enter. Besides capturing the essence of old time shops The Coffee Exchange has taken another personality token from the past: common decency. Forgoing the highest profit margin, and disregarding the race for fame and fortune The Coffee Exchange sends a percentage of all coffee sales back to where the beans began: the farmers. Support agriculture, take part in intelligent conversation, and relax, by indulging in a cup of coffee from The Coffee Exchange.

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